

# Helping Rhode Islanders to Quit

## Introducing 1-800-Try-To-Stop

**T**here is no other thing you can do to improve your life that is more important than quitting. Quitting smoking is the single most significant lifestyle change you can make to improve your health both today and tomorrow.

You've heard all of the warnings. Heck, you see them every time you reach for your cigarettes. Smoking causes lung cancer, heart disease and stroke. But, still you've put off quitting.

Well, quitting has never been easier than it is today. The State of Rhode Island and the Rhode Island Department of Health have made a new service available to the approximately 230,000 Rhode Islanders who are still smoking.

Calling 1-800-Try-To-Stop will open the door to a world of quit smoking services.

You'll talk with great counselors who know what you're going through. They won't preach at you, they'll help you. They'll match you up with the quit smoking program that is right for your needs, right now. They also have informational brochures available depending on what you need, and can refer you to selected community agencies around the state.

Quitting isn't easy. Perhaps you've tried before and haven't been successful. But that's no reason not to give it another try. In fact, many smokers require more than one quit attempt before they can quit for good. Quit for yourself, quit for your family, quit for your future. Give yourself a fighting chance for a healthier, longer life.

We've got people on the phones waiting for your call. Do it TODAY and begin the first day of your smokefree future. Call 1-800-Try-To-Stop, or go to [www.trytostop.org](http://www.trytostop.org). The web site can be accessed free of charge at your local public library or through your own computer and Internet access.

# Quit

# Smoking

## 1-800-Try-To-Stop

RI Dept. of HEALTH  
**smokefree**  
RHODE ISLAND  
[www.trytostop.org](http://www.trytostop.org)



# Top 10 Reasons to Quit Smoking

As if you need more reasons to quit, here are the top 10:

1. You'll feel better. Check out the timeline below and you'll see that you'll feel better right away.
2. Your energy will improve. There will be more oxygen in your blood.
3. You'll reduce the risk of illness. Not only will you be better able to fight off colds and flu, but you will reduce your risk of serious illness.
4. You'll live longer. 70% of seniors who quit smoking live longer than their peers.
5. Food will taste better.
6. You'll save money; lots of it.
7. You'll look better. Your teeth will be whiter and your color will be improved.
8. You'll be a great role model for the children and teens in your life.
9. You'll protect the ones you love. Check out the effects of second-hand smoke in this insert.
10. It's never too late.

# 10 Things you should know about quitting

1. Quitting often takes more than willpower. There are medications to help you.
2. Using a nicotine patch or nicotine gum can double your chances of quitting successfully.
3. There is no right way to quit - quitting is as individual as you are.
4. Quit smoking programs can give you support and strategies to handle cravings.
5. Hang in there. Cravings usually pass in a few minutes.
6. If you can make it through the first day, you are ten times more likely to succeed.
7. You may live 10 to 12 years longer.
8. If you smoke again, don't panic. Sometimes it takes more than one quit attempt.
9. Exercising and eating plenty of fruits and vegetables and drinking lots of water can help you avoid gaining weight.
10. More than 40 million Americans have quit smoking and you can too!

# How your smoking affects others



Everybody knows how smoking affects the smoker, but there is a growing body of scientific and medical evidence that shows just how harmful secondhand smoke really is.

If you're a parent or someone who is around children, you've got a big responsibility. Secondhand smoke is especially harmful to children. It causes 300,000 cases of pneumonia and bronchitis in children every year. These children are also more likely to get colds, allergies, asthma and ear infections. And babies of parents who smoke are twice as likely to die from Sudden Infant Death Syndrome (SIDS).

Each year in the U.S., 3000 nonsmokers die from lung cancer caused by secondhand smoke, and smoke from the burning end of a cigarette has more toxins than smoke inhaled by the smoker. So, smoking in another room of the house when children are home still puts them at great risk. And smoking in the car, even with the window open, affects your passengers. Children are very vulnerable to the effects of secondhand smoke.

You know that when you quit smoking you are not only improving your health, but the life and health of those around you. Thank you for quitting.

# The Impact of Tobacco on Your Body

Everybody knows about the link between lung cancer and smoking, but do you know about other cancers that are caused by smoking? That's right, there are several other types of cancer with a direct causal link to smoking. These include cancers of the mouth, throat and esophagus,

cancer of the bladder, and cervical cancer in women. And when it comes to lung cancer - 90% of all lung cancer is attributed to smoking. Also, heart attacks, asthma and diabetes are all caused or made worse by tobacco use.

# WOMEN AND SMOKING

Smoking is actually worse for women than it is for men. Consider these facts:

- Women who smoke are more likely to get lung cancer than men who smoke.
- Women's lung cancer rates more than doubled between 1974 and 1994.
- This year 23,000 more women will die of lung cancer than breast cancer.
- Lung cancer is the leading preventable cause of death among women and men who smoke.

As a woman it's going to be harder for you to quit smoking, but the rewards will be just as great. You'll be healing your body and your soul and taking control of your life. You'll be freeing yourself from a deadly and expensive addiction.

We're not ignoring the biggest question on your mind. Will I gain weight when I quit smoking? The simple answer is probably a few pounds, but you can control your weight gain with many different diet and exercise strategies. Too many women count on cigarettes to keep their weight down and are really destroying their health in the process. Take control of your body the healthy way!



# Gearing yourself up to Quit

There are certain steps you can take to help you prepare to quit smoking. These steps have proven helpful to others and may help you too.

1. Begin by setting a quit date, about a week from now. In the meantime, notice when you smoke, why, how often and where.
2. Keep track so you'll know what triggers your smoking and how to avoid those triggers.
3. Stock up on low calorie snacks to munch on when the urge hits. Unsalted sunflower seeds in the shell, sugarless mints, carrot sticks, sugarless gum or plain popcorn.

4. Keep toothpicks or cinnamon sticks with you to chew on.
5. On your chosen quit date, clean up your life. Throw out the ash trays and cigarettes. Vacuum the car. Wash your clothes. Air out the house and enjoy the fresh smell.

Finally, make some plans for the money you'll save as a nonsmoker. Quitting a pack a day habit can give you over \$1,275 extra next year.

# After you Quit

Once your quit day has arrived, it's really just the beginning of a process. It will be helpful to start a hobby that keeps your hands busy, like gardening, knitting, exercise or video games. Try brushing your teeth when you get the urge to smoke. Spend more time in places that don't allow smoking. Drink a lot of water and fruit or vegetable juice. Try taking a walk instead of lighting up. Or bicycle, swim, play ball or dance. Munch on those low-cal snacks and sugarless gum.

Several times a day, go outside and breathe deeply. Inhale the fresh air and let it out slowly. It will help you to relax. Finally, give yourself a gift. Reward yourself with the money you're saving and treat yourself for making the best lifestyle decision you could possibly make.

# BENEFITS OF QUITTING

It only takes 20 minutes after you've smoked your last cigarette for your body to begin a series of beneficial changes. Just 20 minutes and you're already on your way to better health. Check out this timeline and see what's in store for you after you quit.

20 minutes



Blood pressure drops to normal; pulse rate drops to normal; increased circulation in hands and feet.

8 hours



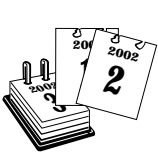
Oxygen level in your blood increases to normal; carbon monoxide level in your blood drops to normal.

24 hours



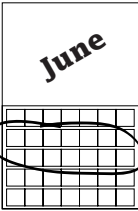
Your chance for a heart attack has already gone down.

48 hours



Your ability to smell and taste is already improved; walking is becoming easier.

2 weeks to





# Helping the Smoker You Care About - from the experts at 1-800-Try-To-Stop

## Helping a Loved One Quit

**Q** How do I get my mother, who has been smoking for 30 years, to quit? I have tried everything and I am very worried.

**A** Those of us at the Try-To-Stop Tobacco Resource Center know from long experience that most people who smoke know how harmful it is and would like to quit. The problem is, most of them are also addicted to the nicotine in tobacco. A strong psychological dependence on smoking often develops at the same time, and this combination makes quitting a real challenge.

While there are no easy answers – you can’t MAKE another person stop – it can help to consistently (and frequently) say things like: “I care about you,” “I know about the health effects of smoking and I don’t want them to happen to you,” “When you’re ready, I’ll be there to support you,” “There are new stop-smoking medicines that might help.”

Nagging or trying to make a smoker feel guilty is not a good idea, so stick to the positives. We have a pamphlet called *Can you help the person in your life decide to quit?* If you are a Rhode Island resident, you can also call us at 1-800-Try-To-Stop. We’ll send you that pamphlet, along with additional information. You can also view and order the pamphlet on [www.trytostop.org](http://www.trytostop.org).

## Secondhand Smoke

**Q** My husband won't openly smoke in our apartment, however, he will smoke in front of an open window and exhale through the screen (about 12 cigarettes a day.) What are the secondhand smoke risks from this practice? Also, if he smokes in our car (when I'm not in it) can secondhand smoke still linger in the car when he's not there?

**A** Blowing smoke out the window is probably a bit better than smoking in the room, however, I have to tell you that dangerous chemicals in smoke do linger on furniture and clothing even after the person has finished. Of course the same is true for the inside of your car. One thing your husband might want to do is clean the inside windows of the car and take a look at the brown junk that the paper towel picks up! Taking it outside is probably the best course of action, as far as secondhand smoke goes. Lots of times people decide that when there are so many places in their lives where they can't light up, they might as well quit!

## Tobacco Facts

**Q** I'm trying to get my level of tar and nicotine down before I quit. Do you have a list of the amounts in different brands of cigarettes?

**A** Yes, we do. You'll find the list on [www.trytostop.org](http://www.trytostop.org). It's great that you are cutting down before you quit, but here are a few words of caution. "Light" cigarettes, marketed as having much less nicotine and tar, actually aren't that different from regular cigarettes. As you'll see from the list, none are really low-tar. Usually people wind up inhaling more deeply or smoking more cigarettes. With that said, switching brands and cutting down on how many cigarettes you smoke each day are good ideas, as long as you have a final quit date set in a few weeks. Once you get down to about 5 a day, its time to quit for good. Otherwise, those remaining cigarettes will become so important in your mind that you'll have an even harder time giving them up!

Now would be a good time to call 1-800-Try-To-Stop for additional ideas on getting ready to quit. The Try-To-Stop Tobacco Resource Center of Rhode Island can send you self-help information, can refer you to a community stop-smoking program, or can link you to free telephone counseling from the American Cancer Society Quitline. Good luck!

## Motivation to Quit

**Q** After I had my baby, I was so stressed that I started smoking regularly. I never smoke in front of her (she’s now 9 years old). I find myself making excuses not to quit, even though I know that I am harming my own physical health and probably my daughter’s emotional health.

**A** It’s not unusual for someone who truly wants to quit to find lots of ways to delay doing it. It sounds as though you have some great reasons to quit—not the least of which is staying healthy for your daughter and being a good role model. Keep those reasons in mind and consider setting a quit date in the next couple of weeks. That way you’ll have some time to make plans. Perhaps one of the stop smoking medicines would be helpful along with a stop smoking group or counselor. If you give 1-800-Try-To-Stop a call, we’ll send you information about quitting. If you wish we can refer you to a stop-smoking program in your community, and/or to a free telephone counseling service run by the American Cancer Society Quitline.



**Q** I keep saying that I will stop smoking when my stress lessens. This obviously is not going to happen. How can I quit when stress rules?

**A** Stress often trips people up, so you’re not at all unusual in that regard. If you check out the Quit Wizard on the [www.trytostop.org](http://www.trytostop.org) website, there’s a section on managing stress that you might find helpful. Besides thinking ahead of time and planning what to do in certain stressful situations, you’ll find a couple of really good relaxation exercises. Believe us, they work!

**Q** This is my 6th try to quit. I've tried cold turkey, patches, and counseling. Why should I think this time could be different?

**A** This is a great question to ask, as you’re trying to figure out how to have this quit attempt end in success. If you’re feeling discouraged, it may help to know that most people try to quit several times before they succeed. With each try, you learn something new that will help you next time. You’ve already seen what works for you and what doesn’t. You have a better idea of what triggers you to smoke. You know who to count on for personal support. Take this knowledge and combine it with one or more stop-smoking methods and you raise your chances for success this time. Use the Quit Wizard on [www.trytostop.org](http://www.trytostop.org) and call us at 1-800-Try-To-Stop. We’ll help you to review why you are quitting this time and make plans.

## Cravings/Withdrawal from Nicotine

**Q** I’ve tried to quit three times – it’s been dreadful!

**A** You’re right, it can feel dreadful. But keep trying! The average smoker tries a few times to quit before quitting for good, so you’re in good company. Think about changing your game plan, and adding some more support for yourself to make it easier this time. It’s a good idea to use several stop-smoking methods at the same time, and you don’t have to do it alone. You can contact a community program in Rhode Island, you can call 1-800-Try-To-Stop, log on to [www.trytostop.org](http://www.trytostop.org), or head to the bookstore to pick up a self help book. Make a plan and stick to it. You are worth it, and we’re here to help.

**Q** What are the most common withdrawal symptoms after quitting?

**A** You can find a complete list of withdrawal symptoms and ways to handle them at [www.trytostop.org](http://www.trytostop.org), or you can call the Try-To-Stop Tobacco Resource Center at 1-800-Try-To-Stop. Some of the most common are coughing, fatigue, cravings to smoke, and irritability. Not every one gets every withdrawal symptom, and many people feel only a few. There are three things to know about withdrawal: the worst symptoms are felt during the first few days, they disappear or ease up after two weeks or a month, and there are ways to make withdrawal easier. Be prepared, know how to cope, and don't expect the worst!

**Q** I stopped smoking today! Do you have any tips as to how to keep my mind off of cigarettes? I am doing OK at work right now but I know when I get home it will be very tough.

**A** Congratulations on quitting today! You’re smart to be thinking ahead to after work when you may have more reminders of when you used to smoke. If you rehearse in your mind the afternoon and evening ahead, you can think of things to do to resist the urge to light up. For example, if you usually drive home from work and smoke on your way home, take a different route or listen to a different radio station. In fact, before you get in the car, put the ashtray in the trunk! If you usually smoke after dinner, get up right away and start cleaning up or take a quick walk. You only need to look for distractions for a while. Pretty soon an evening without smoking will feel more normal.

## Stop-Smoking Medicines

**Q** I really want to quit. I have tried many times before and I know I can't do it on my own. Is one stop-smoking medicine better than another? What should I use?

**A** Realizing that you need some help to quit is an important step to success. The best choice depends on your own patterns of smoking and personal preferences. In a nutshell, use several methods that feel right for you. We do know that using the nicotine patch, gum, nasal spray and/or inhaler or using Zyban® (also called Wellbutrin SR) as part of your overall quit plan can double your quit rate. These medicines are not right for everyone, so ask your health care provider or pharmacist for advice. The ones you choose will depend on what is medically safe for you and what works best with your lifestyle and smoking pattern.

Medicines are not enough to help you quit and stay quit, though. You still have to figure out what to do when cravings and temptations come your way. You know yourself. What would work best for you? It might be joining a local stop-smoking program, using [www.trytostop.org](http://www.trytostop.org) and the Quit Wizard, taking part in telephone counseling, or reading pamphlets on how to quit and stay quit. Use as many methods as you can, because each one will help you in a different way.

## Weight Gain

**Q** I've worked hard to lose a lot of weight. I know I need to quit, but I'm afraid of gaining weight back. Does quitting change one's metabolism? Can I prevent weight gain?

**A** Weight gain is a big fear for many people considering quitting tobacco. Quitting does change the body's metabolism, which has been chemically boosted because of the stimulant effect of nicotine. Without nicotine, your body needs to adjust, and the average weight gain is about 5-10 pounds. The good news is that YOU CAN make plans to reduce or prevent weight gain. Boosting your metabolism naturally through exercise, and decreasing caloric and fat intake, will make a difference. Using nicotine replacement therapies and/or Zyban can help to reduce or eliminate weight gain as well. Did you know that you would have to gain about 75 pounds to equal the negative health consequences of smoking? Continue to use the skills and strategies you used to lose the weight, and know that some of these skills can be transferred to help you quit smoking. Check out some of [www.trytostop.org](http://www.trytostop.org) 's Quit Questions and Success Stories to see what smokers and quitters have to say about the weight issue.

## Other Smokers

**Q** How do you quit when you live with someone who smokes as much if not more than you do?

**A** It is tough to quit when people around you are smoking. You’ll need to focus on yourself and to make sure that you have personal support from others for this quit attempt. Sometimes you can work out some “rules” that are mutually agreeable: keeping ashtrays and cigarettes in an out-of-the-way place, smoking only outside your home and not in the car, not smoking in front of you. When one of you quits, it means that you won’t be smoking together, so be sure that you have nonsmoking time together.

## Just One?

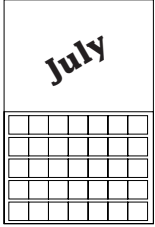
**Q** I quit smoking one week and one day ago. I want to have just one cigarette. My partner is saying that I should not. What is your opinion on having just one?

**A** Don’t do it! You’ve been able to resist cravings so far, which is great. Deciding to have "just one" usually leads to “oh, another one can't hurt,” which results in smoking regularly again . Several of the Success Stories on [trytostop.org](http://trytostop.org) make this point: one is one too many. Don't tempt fate, or test yourself. Ask yourself why you want that cigarette and figure out what to do instead. Are you bored? Find a project to work on. Are you lonely? Spend time with a friend (a non-smoker). Stick with it—whatever you’re doing so far has worked. Think about whether you need more support to stay smoke-free right now, and ask for it. And, by the way, congratulations on quitting!

0 3 months

Your circulation has improved. No more cold hands and cold feet. Your lung function has already increased up to 30%.

1 month to 9 months



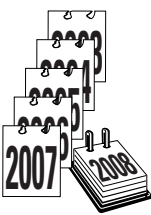
You'll notice that coughing, sinus congestion and shortness of breath have decreased dramatically. Cilia have re-grown in your lungs increasing your ability to handle mucus, clean the lungs and reduce infection.

1 year



Your risk of coronary heart disease is cut in half.

5 years



Risk of stroke reduced to that of a nonsmoker. Risk of cancers of the mouth, throat and esophagus cut in half. Risk of lung cancer reduced in half compared to a smoker.

15 years



Congratulations! Your risk for coronary heart disease and stroke is the same as for a lifelong nonsmoker.



TREATMENT OPTIONS AT A GLANCE

PRODUCT	PATCHES	GUM	SPRAY	INHALER	BUPROPION
TREATMENT PERIOD	Preferably 8 to 10 weeks.	Up to 12 weeks.	Up to 8 weeks, then reduce dose by 50% for 2 weeks.	As for spray.	7 to 12 weeks. Start taking 8 to 14 days before quitting.
DOSAGE	Various strengths for heavy and light smokers depending on brand. Choose between 24- and 16-hr patches.	4mg for heavy smokers, 2mg for lighter smokers. 10-15 pieces a day.	Dose once or twice an hour as required (don't use more than 64 sprays in 24 hrs).	6 to 12 cartridges per day.	(Day 1 to 3) 1 x 150mg tablet each morning.  (Day 4 onwards) 1 x 150mg tablet a.m. and p.m.
PROS	Very easy to use. Automatically gives the right dose. 24-hr patches can help with early morning cravings. Not addictive in the long term.	Easy to regulate dose. Can help prevent overeating. Gives extra help at difficult moments.	Gives fast relief to heavy smokers. Easy to adjust dose.	Helps keep hands and mouth busy. Easy to regulate dose. Could help prevent overeating.	Good short-term research results. Easy to use. Noticeable reduction in urges to smoke.
CONS	24-hr patches may disturb your sleep. Not orally gratifying. Small possibility of skin reaction.	Tricky with dentures. Need to use correctly.	May cause nasal irritation at first. Dependence more likely. Requires doctor's prescription.	May not suffice for heavy smokers if used alone. May attract attention when used in public. Requires doctor's prescription.	Possible sleep disruption. Seizure risk. May cause headaches & dry mouth. Requires doctor's prescription.

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If you tried quitting for yourself...

...try quitting for them.

1-800-Try-To-Stop  
Help to Quit Smoking

RI Dept. of HEALTH  
**smokefree**  
RHODE ISLAND  
[www.trytostop.org](http://www.trytostop.org)

1-800-Try-To-Stop  
(1-800-879-8678)

Spanish  
1-800-8-Dejalo  
(1-800-833-5256)

Hearing Impaired  
1-800-TDD-1477

JSI

JSI is the consulting firm hired by the Rhode Island Department of Health to provide quit smoking services to Rhode Islanders. JSI has become a recognized leader in the implementation of improvements in health care services. The ultimate objective of JSI's information dissemination and tobacco treatment activities is to improve public health by preventing and reducing the toll of tobacco-related illness. JSI's Try-To-Stop Tobacco Resource Center of Rhode Island features toll free Helplines 1-800-Try-To-Stop (1-800-879-8678) and 1-800-8-Dejalo (1-800-833-5256) which expands access to care by making tobacco treatment available to smokers who might not otherwise receive assistance in quitting.